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MIND YOUR HEALTH:

**-State's mental health agencies host free events in recognition of
National Mental Health Month-**

May 8, 2006 (*Carson City, Nev.*) – May is National Mental Health Month, and the state's Division of Mental Health and Developmental Services (MHDS) has planned activities statewide to increase awareness and encourage Nevadans to "mind your health."

National Mental Health Month was established by the National Mental Health Association. This year's theme, Mind Your Health, focuses on the mind-body connection. Being healthy doesn't pertain only to physical health—mental and physical well-being go hand-in-hand.

Northern Nevada Adult Mental Health Services (NNAMHS), together with the National Alliance on Mental Illness, Northern Nevada, will hold the Second Annual Walk and Talk on Mental Health Celebration on May 13, from 11 am to 5 pm. This event will feature speakers Assemblywoman Sheila Leslie and Dr. Carlos Brandenburg, MHDS administrator. The walk will begin at Rock Park (Rock Boulevard, south of Greg Street) and travel along the Truckee River on Spice Island Drive. The first 150 participants will enjoy a free catered lunch and event t-shirts. For more information, call 775-322-1346.

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Southern Nevada Adult Mental Health Services in Las Vegas, together with the Nevada Chapter of NAMI, will host its Annual Spring Fair on their campus at 6161 W. Charleston Blvd. on May 19, from 11 am to 2 pm. There will be food, raffle prizes, information booths and live music to celebrate the day. For details, call 702-486-6000.

The state's rural mental health clinics plan to celebrate Mental Health Month with promotions and events at each location. For details, see the list of rural clinics statewide at the end of this news release. In addition, rural clinic staff is available throughout the year to make presentations to community groups on a variety of mental health issues. For details, contact individual clinics.

The vision of the Division of Mental Health and Developmental Services is for all Nevadans with mental illness or mental retardation to realize their optimal potential as individuals and as positive, productive citizens of their community and state. The Division's mission is to provide responsive services and informed leadership to ensure quality outcomes by working in partnership with consumers, families, advocacy groups, agencies and diverse communities. This mission includes treatment in the least restrictive environment, prevention, education, habitation and rehabilitation for Nevadans challenged with mental illness or mental retardation. These services shall maximize each individuals' degree of independence, functioning, and satisfaction.

The Nevada Department of Health and Human Services promotes the health and well-being of Nevadans through the delivery and facilitation of essential services to ensure that families are strengthened, public health is protected and individuals achieve their highest level of self-sufficiency. Under Director Michael J. Willden, each of the Department's agencies is committed to being accessible and responsive to the public it serves.

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**Nevada Division of Mental Health and Developmental Services
Rural Mental Health Clinics**

Battle Mountain: (775) 635-5753
Caliente: (702) 346-4696
Carson City: (775) 687-4195
Dayton: (775) 246-5240
Douglas: (775) 782-3671
Elko: (775) 738-8021
Ely: (775) 289-1671
Fallon: (775) 423-7141
Fernley: (775) 575-0670
Hawthorne: (775) 945-3387
Lake Tahoe: (775) 782-3671
Laughlin: (702) 298-5313
Lovelock: (775) 273-1036
Mesquite: (702) 346-4696
Moapa: (702) 346-4696
Pahrump: (775) 751-7406
Silver Springs: (775) 577-0319
Tonopah: (775) 482-6742
Wendover: (775) 664-2220
Winnemucca: (775) 623-6580

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